

Montérégie West Community Network

The MWCN is a not-for-profit community-based organization whose mission is to serve the English-speaking community of the Montérégie West region.

We provide a variety of social and cultural activities, assist members in gaining access to health and social services in English and provide volunteer services to those in need.

Want to become a member?

Please contact the MWCN with any questions or concerns using any of the contact information at the bottom of the page, we'll be happy to help you.

If you're already a member then please enjoy this month's Newsletter.



MWCN Board

President:	Lise Brunette
Vice President:	Maria Fiozzi
Treasurer:	Tracy Wilkins
Secretary:	Chuck Halliday
Executive Director:	Pauline Wiedow
Administrators:	Georges Bujold

Elected officers:

Member Coordinator:	Gloria Lynch
	Merlin Halliday
	Jayne McClintock
	Joanne Murray
	Don Rosenbaum

AUGUST



SQUEEZE THE DAY!

'Make the most of the present situation rather than dwelling on the past or future'.

Are you enjoying the summer and perhaps sipping on some lemonade? Are you gardening, BBQing, walking, hiking, biking, swimming, kayaking, reading, or simply just lounging?

MWCN V-S has been very busy and has **not missed a beat!**

We continue to provide important information and resources to our community. Our activities and workshops are even still happening,..... just in a different way.

Maybe this is the new normal for awhile, and that's ok... as long as we stay in touch with one another and no one is forgotten or neglected along the way.

This is why Community Networks are so important. We are here in the same capacity as before. Communicating with everyone remains especially important to us!

DON'T FORGET TO GET YOUR COPY OF 'VOIX RÉGIONALE'. MWCN WILL BE PUBLISHING ARTICLES EVERY WEEK STARTING IN AUGUST. LOOK FOR US IN THE 'SOUTHWEST VOICE' INSERT!



CARPE DIEM - HOW TO SEIZE YOUR DAY.

Stop waiting. Start living.

Make the time.

Say "Yes to what is important (and No to what is not)."

Bring your best to the table.

Whatever you do: Be there fully.

Show what you really feel to the people who are important to you.

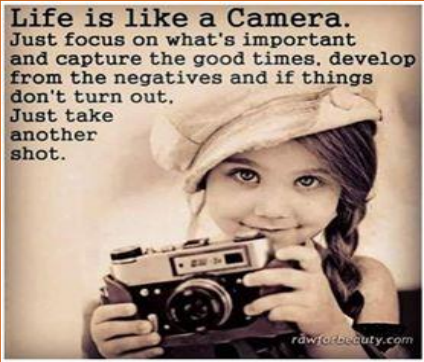
Be a Go-Giver.

Be courageous.

Never stop dreaming.

Be you. Be your authentic self.

Life is like a Camera.
Just focus on what's important and capture the good times, develop from the negatives and if things don't turn out, Just take another shot.



August 9

INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES.

United Nations:

There are an estimated 370 million indigenous people in the world, living across 90 countries. They make up less than 5 per cent of the world's population, but account for 15 per cent of the poorest. They speak an overwhelming majority of the world's estimated 7,000 languages and represent 5,000 different cultures.

Indigenous peoples are inheritors and practitioners of unique cultures and ways of relating to people and the environment. They have retained social, cultural, economic, and political characteristics that are distinct from those of the dominant societies in which they live. Despite their cultural differences, indigenous peoples from around the world share common problems related to the protection of their rights as distinct peoples.

Indigenous peoples have sought recognition of their identities, their way of life and their right to traditional lands, territories, and natural resources for years, yet throughout history their rights have always been violated.



Indigenous peoples today, are arguably among the most disadvantaged and vulnerable groups of people in the world. The international community now recognizes that special measures are required to protect their rights and maintain their distinct cultures and way of life.

In order to raise awareness of the needs of these population groups, every August 9 commemorates the International Day of the World's Indigenous Peoples, chosen in recognition of the first meeting of the UN Working Group on Indigenous Populations held in Geneva in 1982.

'MEANINGFUL MEALS'

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MWCN has had the pleasure of delivering frozen meals throughout Vaudreuil-Soulanges these past few weeks.

This initiative was organized by our summer student, Simone Drouin, to help the most vulnerable of our community during this time.

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Where there is a need, MWCN finds a way!



A day in Rigaud. MWCN's summer student Amanda Bertrand organized a Treasure Bingo Hunt with their day camp L'Aire en Fête Follies d'été, with children ages 7 and 8.



What a great activity! Everyone was a winner and enjoyed a Freezie afterwards.



'Sharks in the Park'

Hand painted shark tails hidden around the field. The children were divided into 3 groups and had to perform fun challenges.

A few challenges were, 'Dance like a chicken', 'Show us your best Santa' and 'name five green vegetables.'



An Afternoon in Pincourt. MWCN also collaborated with Pincourt's Day camp, The Happiness Squad (Escouade Bonheur).



The surroundings were different, but all the children were able to find the same items.



Pincourt children also enjoyed an afternoon of bowling.



Summer students Amanda and Simone painting their handmade bowling pins with recycled plastic bottles. They were so popular, the day camp asked to borrow them for another day.



SAVVY SENIORS: Sylvia's Spotlight

By Simone Drouin, MWCN Pincourt Summer Student



Join us on a *Trotting Tuesdays* walk and your attention will likely go straight to Nicole. Her bright demeanour charms everyone she meets, but make sure that you don't miss her good friend Sylvia sitting next to her. Trust me, Sylvia Muller is a woman you want to take the time to get to know.

She grew up in post-war Germany where life wasn't easy for a young woman. At 18, weighed down by her glum country and the disapproval of her father, she went to get a Canadian visa. To finance her move, she had to walk 45-minutes to the bakery where she started work at 5:00AM. Sadly, her hardworking spirit was exploited, and she slaved away for pitiful wage. Even worse, as an earnest yet desperate person, this wouldn't be the last time something of the sort happened to her.

Sylvia calls this one of her greatest failures, but I find myself disagreeing with her. The way I see it, the world let her down, not the other way around. She demonstrated her distinctive strength and perseverance, still seen today as she marches around the park with Nicole in 40-degree weather.

In 1967 she set foot in Montreal. Her eyes glimmered as she recounted her shock at the attention she received leaving the airport in her stylish beige and mauve business suit.

Fast-forward a few years and she was working at a big hotel downtown where she met her husband, an Italian immigrant.

Their union has resulted in Sylvia sporting a curious fusion of values stemming from minimal German spending and Italian dedication to high caliber ingredients. In her house, from coffee grounds to bread crusts, nothing is wasted; yet, she believes she's figured out the key to successful cooking as she stresses to me the importance of *always* using quality ingredients. It must come as no surprise then when I tell you that she only uses Italian Balsamic Vinegar from *Modena* and her surprisingly small spice collection is mostly of Italian origin. Meanwhile, her cookware includes a 50-year-old bright orange bowl she adores.

"I am a loving person and I do not deserve to be treated as ignorant", she tells me as we conclude our chat, emphasizing the importance of acceptance and love, especially during these times. We have a responsibility to each other to be respectful and welcoming, she continues."

A common meal together, at least once a day, is a must in her home. It's a chance to connect with others, and that's what she's all about. It's her care, her attention and her love that she so willingly shares that make this individual so special. Yes, the world would be better if we all had a bit more Sylvia inside our hearts.

WHAT'S HAPPENING IN AUGUST

Mondays - 1:30: Selection Retraite, Vaudreuil-Dorion – **Laughter & Lemonade**

Tuesdays - 10:00 - 11:00: **Trotting Tuesdays**
Bellevue Park, Pincourt

Wednesdays - 1pm: Day-camp activities

Thursdays - 10:30 - 12:00: **ZOOM Drawing class**

Thursdays - **Delivery of frozen meals**
with volunteer students



**** There will be no activities planned for the week of August 10th as MWCN will be closed for Vacation.**

****Sept 17th - Annual General Meeting from 5 – 7pm**
Location: 15 boul Maple, Chateauguy J6J 3P7
5 positions are up for election on our Board of Directors. All MWCN members are welcome.
Nominations and Candidate CV's can be sent to:
info.mwcn@gmail.com

WOULD YOU LIKE TO BECOME A MEMBER?

If you like what you've seen and read about in this newsletter, please feel free to visit our office or give us a call for more information. If you become a member, you'll be sent all the upcoming activities and decide which ones are right for you. You will make great friends and even better memories.

Come Join us!



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